

**Tuesdays with Tammy Nevada Libraries Forum**  
from  
**Nevada State Library, Archives and Public Records**  
10 a.m. - 11:00 a.m.  
September 15th, 2020

Attending: Tammy Westergard, Sulin Jones, Norma Fowler, Bruce Douglass, Betts Markle, NSLAPR;  
Guest speaker – Lisa Keating, PhD, clinical psychologist; Anne Karr, Boulder City; Diane Baker, Carson City; Amy Dodson, Douglas County; Joy Gunn, Henderson; Jessica Anderson, Humboldt County; Courtney Oberhansli, Mineral County; Forrest Lewis, North Las Vegas; Amy Bruno, Pahrump; Mandy Springer, Kathie Brinkerhoff, Pershing County; Jeff Scott, Joan Dalusung, Tyna Sloan, Washoe County; Eric Walsh, Great Basin College; Kathy Ray, UNR; Maggie Farrell, UNLV; Ron Belbin, WNC; Nancy Schmidt, SCLL.



## **WHAT PEOPLE ARE THINKING RIGHT NOW**



### **Strengths:**

- Libraries are flexible in times of crisis.
- Libraries provide essential services for their communities.
- Libraries provide a grounded, calm, reassuring presence for the community.
- Libraries are a place that provides services without judgement.



### **Struggles:**

- Struggling to maintain services while keeping a safe work environment.
- Finding ways to assist their communities during the COVID19 pandemic and economic downturn.
- Identifying ways to assist parents with the stress of raising children, eviction and food insecurity, mental health awareness.



### **Opportunities**

- Being clever, creative, and sustainable during these times creates support among communities we serve.
- Helping patrons navigate a way through these difficult times by providing well-grounded sincere empathetic support.
- Helping parents focusing on teaching their children learning skills rather than workload.



### **Trends**

- Increase in food and rent insecurity.
- Increased levels of anxiety, stress, and behavioral problems in adults and children
- Changes in how people cope with stress, loss of emotional support systems

**Announcements:**

- Webinars involving customer service and mental wellness are posted on our site: <https://nsla.nv.gov/COVID19/10MinuteWellness>
- Next week: Nevada Arts Council will be special guest
- There will be no meeting on September 29.
- U.S. Senator Cortez Masto's team is viewing the NSLA 10 Minute Wellness recordings and will be joining us on our call on Tuesday, October 6<sup>th</sup>, 2020.

**Save the Dates:**

- READ Nevada virtual press conference with Governor Sisolak and Nevada Department of Education to celebrate reading, summer reading trends, library online story times, and more, October 14<sup>th</sup>, 2020, 2:00 p.m.
- "Resilient Together: Building School and Public Library Partnerships, October 14, 21, 28, 2020. Register: <https://www.eventbrite.com/e/resilient-together-building-school-and-public-library-partnerships-tickets-113371027796> LSTA CE scholarship is available for this event.
- Library of Congress National Book Festival, Sept 25-27, online at <http://www.loc.gov> Nevada's title: Petro and the Flea King, by Kenneth Lamug; (ISBN: 9781717379238) promotional kit available at <https://nsla.nv.gov/center-for-the-book/>

Guest Speaker: Lisa Keating, PhD, in Child and Adolescent Psychology

**Session 3: How to support parents during COVID19**

- We are all in this for the long haul and parents may have different working environments (working from home vs at the workplace) and home lives.
- Parents have shifted from worrying about coronavirus to worrying about their children's education, food insecurity, housing insecurity
- 4 out of 5 parents do not have help in educating or providing child care for their children. Parents feel lost and stranded when trying to navigate their children's learning.
- It is important for us to be mindful of what is happening and all the ways families could be stressed.
- The younger the child, the higher the level of stress on the parents.
- How librarians can help: offer more help than usual; for example, walking to the shelves with the patron and finding the books they need; listening and empathy; affirm the positive actions being done by parents; be genuine and come from a grounded place in your affirmations; have information they need available in as simplified way as possible because people don't have the capacity to sift through lots of information; and most of all, remind them that they are doing a good job.
- Recommend websites such as Edutopia and Childmind.org that help with education and development.
- Provide informational handout for self-help and mental health strategies (i.e. making time for yourself, setting realistic expectations, surrounding yourself with positive people, setting boundaries, and celebrating success).
- Help parents focus on the skills that their child should be learning rather than on completing assignments and worksheets
- Young adults are often overlooked because of their ages, but it is good to remind parents to check-in with them regarding depression, encourage young adults to stay connected via social

media, acknowledge that they themselves have fears and uncertainties, and be willing to work together to overcome and find answers to problems facing young adults.

- Be aware of community resources available for mental wellness, food support, and social support.

Check-In:

**Tammy Westergard, NSLA:** Provided links to two news stories from the Gardnerville Record-Carrier <https://www.recordcourier.com/opinion/library-probe-problematic/> and <https://www.recordcourier.com/news/local/black-lives-matter-not-limited-to-library/> and stated that the articles present important insights regarding the Douglas County situation. The first article deals with possible unintended consequences of going forward with an investigation into the library's decision making process. The second reports that another longstanding organization in Douglas County has a diversity statement on their website similar to the draft statement proposed by the library.

Tammy suggested that libraries bring links to news stories regarding their libraries to post in the meeting chat each week. This will provide a way for the articles to be collected and an opportunity to discuss why they are important.

**Amy Dodson, Douglas County:** We are still getting letters of support, but not much has changed since last week. The Hatch Act has come up, and the U.S. Office of Special Counsel ruled that the phrase Black Lives Matter is not inherently a political activity.

**Maggie Farrell, UNLV:** The Library is having fairly low attendance with around a thousand students a day. We are happy that our cases are manageable so far and are doing everything possible to keep students safe.

**Jeff Scott, Washoe:** Things are going well. We have expanded our "grab and go" hours to evenings and weekends. We had a good story about our Chromebook project. Some library branches will be early voting sites during the election. He is pleased that the libraries haven't had to go backwards with reopening plans.

**Forrest Lewis, NLV:** Things are going well. We are talking about expanding our student academies. Currently half the students are enrolled with the school district and the other half is enrolled through a company that provides instruction, activities, and food throughout the day. We are working with the county to help people with home assistance and rent assistance. Our staff is going to be trained to help the county with the backlog of assistance applications which will help get the CARES Act funding to the residents in our community more quickly.